Military planes painted the sky overhead, the Marine Band San Diego played patriotic tunes, the Marine Corps Recruit Depot presented the colors and a true American hero was honored at the traditional Mount Soledad Veterans Day ceremony Monday, Nov. 11.

Hosted by the Mount Soledad Veterans Memorial Association (MSVMA), this year’s ceremony’s special plaque honoree was senior chief petty officer Kenton Stacy and his family. A U.S. Navy volunteer, Kenton chose to be in one of the military’s most dangerous occupational specialties, an explosive ordnance disposal technician. After more than 50 combat missions, Stacy was severely injured when an improvised explosive device (IED) detonated in 2017 in Syria.

Kenton has received numerous awards for his distinguished valor, including a Purple Heart, two Bronze Star medals and three Navy Achievement medals. In 2010, he was named USO Sailor of the Year.

Veterans Day on Nov. 11 traces its roots back to World War I, which ended at the 11th hour of the 11th day of the 11th month of 1918, when the armistice with Germany went into effect ending the war to end all wars. Originally known as Armistice Day, the U.S. federal holiday was renamed Veterans Day in 1954.

Distinct from Memorial Day, a U.S. public holiday in May honoring those who’ve died in military service, Veterans Day honors all who’ve served, living and deceased, in all U.S. armed services.

Stacy’s plaque will join more than 5,200 others enshrined on the walls surrounding the Mt. Soledad National Veterans Memorial at 6905 La Jolla Scenic Drive South. Honorees include U.S. presidents, 12 Medal of Honor recipients, generals and celebrity veterans.

Congress members Scott Peters and Susan Davis presented a proclamation honoring Stacy. Mayor Kevin Faulconer also spoke, noting “the military is in San Diego’s DNA. Today is about coming together as a community to honor these heroes for their lifetime of patriotism and courage serving our nation.”

Of the Mt. Soledad memorial, Faulconer said, “It is a special place for all San Diegans. It’s the only memorial in the United States that honors veterans both living and deceased from the Revolutionary War to the war on terror.”

Of memorial plaques, Faulconer said, “They...
Governor Gavin Newsom tries to not overuse the word “crisis” because it can tend to normalize an issue. At a press conference in San Diego on Oct. 9 where he signed SB 11A, a bill that allows $331 million in state funds to be used by renters and homeowners for legal aid, Newsom said he normally steers clear of the word, but the issue of affordable housing in California has truly become a crisis. His visit to San Diego came amid his housing tour where he signed 18 bills aimed at addressing different parts of the complex housing issue. Sen. Toni Atkins joined him at the press conference. The San Diego politician ensured bills protecting renters, cutting red tape on building new housing, and upending single-family zoning made it to his desk in the first place. Since Newsom vetoes Atkins’ signature piece of legislation this year (an ambitious bill keeping in place the environmental standards of the Obama administration), she said the work to address the housing crisis (a term she freely uses to describe the issue) is her proudest accomplishment from the last legislative session. In addition to addressing climate change and coastal erosion, her next goal year is to boost production of new housing now that stop-gap measures to prevent “price gouging” of renters are in place. Atkins has spent much of her own career shaping the language used around housing, and thus the vision of how government needs to address it. In 2002, when she was on the San Diego City Council, she led the rest of the Council to declare a State of Housing Emergen-cy. She resubmitted the declaration each week to keep the issue at the forefront of her colleagues’ minds, even as they grew weary of her insistence on addressing it. Atkins also tallied how many affordable housing units were approved by the Council each week. “I felt like I really was there to be able to push the city of San Diego to develop more units and a lot of them were developed in my district,” Atkins said in an interview in her Downtown office. Her efforts meant much of the new housing was produced in North Park, City Heights, Normal Heights and other areas along transit corridors that embraced her vision. “All we’ve done since then is lose ground,” the Senator said. San Diego has continued to fall short of building enough units to sustain the population, leading to higher rents and housing costs as well as an increasing homelessness crisis. “[Housing] is the most important issue because it impacts so much of everything else about our lives,” Atkins said. “If we can’t afford the rents, if we don’t have a house, if we’re forced to live in our cars now because of high rents or losing our home or foreclosure issues, you can’t do anything else.” For her, housing is most significantly connected to the economy. She cited predictions that the next downturn California faces will be because employers will not be able to afford to keep workers from leaving the state. She also connects housing to mental health. People trying to stabilize their mental health will have an impossible time doing so while also facing the stress of housing insecurity. Fixing housing has been Atkins’ singular career focus even before she was elected into office and working in the office of then-City Council member Christine Kelcho. Despite each new position, from City Councilmember to interim mayor, to Assembly member, to Assembly speaker, to Senator pro tempore and even briefly acting governor, the problem has only worsened. Last year, she shelved an ambitious — and controversial — effort to increase housing production by limiting the powers of local governments to impede development. Atkins guaranteed that work would continue on SB 50 and it would come up in committee again in January or February. She said the bill’s author, Senator Scott Weiner, is going over the bill again while on break. “We may need to undo some of the exemptions and compromises that have been made. Scott’s taking a fresh look,” Atkins said. Under the latest form of the bill before it was turned into a two-year bill and set aside, 80% of the city of San Diego was exempt from it due to being a high-fire risk zone, according to Atkins. SB 50 also differentiates between small and large cities, a move Atkins agrees with. “I don’t think one size fits all. I think small cities and large cities are going to have to deal with it differently. The only path forward she sees to passing the bill is by involving more people in the process, including having hearings in communities that do not want to add any housing. “The crux of this is really going to be can you bring other stakeholders around the table and get them to agree on how to do this,” Atkins explained. “The dilemma is how do we get broad support from legislators to — maybe incentivizes. I don’t know what the bill turns out to be at the end of the day but pushes — for actual development to happen where it needs to happen.” For her, senators need to figure out a way to accomplish the goal of adding homes to the state’s crowded piece of legislation that impacts the lowest levels of government, including the 42 community planning groups and areas in San Diego. “We are not going to be able to take a sledgehammer and just beat it over the heads of every city. We’ve gotta be more precise about it. And that’s what makes SB 50 difficult because I don’t think one size fits all. But I do think there is a way to do this,” she said. Atkins believes that without the crisis, housing laws and regulations would have made as much progress as they even have on SB 50 because the conversations around housing was so different just three years ago when then-Governor Jerry Brown added a by-right housing proposal to the budget. “I think the [Yes in My Backyard] movement of the housing crisis have given us the bandwidth to go further than we might’ve gone before,” Atkins said. “Many people feel like, ‘Great, we should have done it 10 years ago, 20 years ago.’ In fact, I said this decades ago and nobody was listening to me.” Kendra Sitton can be reached at kendra@sdnews.com.
LA JOLLA Lower Hermosa: Development opportunity w/ approved plans for a Contemporary Estate on Camino De La Costa. Agent: Natalie McGhie. $5,250,000

LA JOLLA Birdrock: Newer Construction, just steps from Beach! 6bd/4.5ba. 2,840 sf. $1,795,000 - $1,895,000

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LA JOLLA Shores: Ocean View, Newly Renovated - Inside & Out! 2bd/2ba. 1,338 sf. $1,395,000 - $1,475,000

DOWNTOWN: Pacific Gate Luxury Penthouse Living. PENDING! 2bd/2ba. 1,770 sf. $2,249,000 - $2,390,000

LA JOLLA Upper Hermosa: Quaint Cottage 1st Time on Market CLOSED! 4bd/3.5ba. 2,659 sf. $2,295,000
VETERANS »
CONT. FROM PG. 1

put a face to the names of our heroes and captures a moment in time for that veteran, reminding us of their great commitment to our country.”

Master of ceremonies Marc Bailey quoted immediate past San Diego Police Chief Shelly Zimmerman in noting, “Leadership is a shared responsibility. That’s what you have represented up here on every single one of these plaques, and every one of our veterans who’ve ever served this nation. Each and every one is a leader.”

Sgt. Neil O’Connell, USMC Ret. and president of MSNV, thanked those assembled for “supporting us in every endeavor.”

“We should especially thank those who made the ultimate sacrifice,” said O’Connell, who added Wi-Fi is now available at the memorial, “for eventually having a virtual tour created here to give stories about each and every veteran. We also have created an endowment so that this memorial will remain funded … to teach our youngsters and our citizens about the sacrifices of our veterans preserving their legacy.”

Keynote speaker was Capt. Oscar Rojas, Commodore Explosive Ordnance Disposal Group One.

The ceremony was capped by a performance by the San Diego Salute Formation Team.

Asked what it means to be a vet and the significance of Veterans Day, Brian T. Grana said, “Vets are thanked profusely for our service on Veterans Day. For me, and in reality, I like thanking the citizens who allowed me to serve and wear the cloth of our great nation.”

“When thanked, I typically respond with: 'Thank you for paying my salary and being the type of American citizen worth fighting for.' The first part often elicits a chuckle; the second part, a pregnant pause and an ‘I will try harder.’

Most San Diegans want to age in the comfort and familiarity of their own home but as we age we may need extra help. Aaron Home Care is an independent, locally-owned and family operated agency that provides professional caregivers with a personal touch. Their highly vetted and trained caregivers help with everyday tasks like meal prep and grocery shopping, bathing and grooming, supervision for safety and companionship. Aaron and Pam Laney pride themselves on running their agency with integrity and the accessibility of staff that can help 24/7/365. That accessibility is open to clients and caregivers.

Aaron and Pam believe in their company so much that they put Aaron's name and reputation on the line with every case they staff. If you or your loved one is in need of extra support to remain at home, give Aaron Home Care a call at (858) 360-7770.

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Ceremony honoree Kenton Stacy was severely wounded in Syria in 2017.

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Restaurateur Scott Slater has a new fast-casual, dual-restaurant concept, Spitfire Tacos and Head Lettuce, which debuted Nov. 9 in the Regents Marketplace, 4150 Regents Park Row, Suites #170 and #175.

Slater, creator in 2009 of Slater’s 50/50, a meat patty made of 50% ground bacon and 50% ground beef, describes his latest pioneering business model as being “craveable.”

“Craveable is rich, bold flavors,” said Slater, who comes from a concessions background. “It’s a different approach — meat cooked on a spit, with salads on the healthy side with some really fun ingredients and toppings.”

Slater said his dual restaurants are breaking fresh ground. “This is the first time the two concepts are side-by-side,” he noted. “At Spitfire, all the tacos and gyros will be cooked on the vertical broiler with a glaze as well as pastrami, which nobody else puts on a spit.”

Spitfire Tacos will feature seven vertical spits slowly rotating hand-stacked meats like traditional al pastor along with flavorful and unique options like pastrami and Kalbi pork belly. Expect savory offbeat menu choices the likes of boeuf spit-roasted Angus steak, Montreal marinade, horseradish slaw, crispy shoestring potatoes, a flour tortilla and hot French onion au jus dip. Or try Castro’s Last Stand with roasted pork carnitas, shaved ham, creamy mustard sauce and a pickle spear wrapped in a Swiss quesadilla.

“I’ve always loved the idea of unusual tacos and utilizing multiple spits for different meats is something I’ve always wanted to try out,” Slater said.

On the other side, Head Lettuce offers a healthy, fulfilling design-your-own-salad experience. Salads feature house-made toppings like crispy creole chickpeas, chili lime corn nuts, pickled red onion and olive tapenade, plus fresh dressings ranging from wildflower honey vinaigrette to charred jalapeno yogurt ranch.

“I just wanted to do something for this neighborhood, something that’s quick and healthy,” Slater explained. “A lot of the other salad places are ‘too healthy.’ I still wanted to bring the healthy concept, but something that’s a little more craveable and fulfilling, so after you eat a salad, you’ll be full.”

Head Lettuce will also offer salads, bowls and soups all imagined by Slater.

Talking about the advantages of his two-in-one restaurant Slater said, “They both share a kitchen. We’ve created a new business model that takes advantage of having one management team under one roof.”

Slater’s breaking other fresh ground as well with his latest enterprise: Both restaurants will be completely cash-free, instead utilizing order kiosks.

“We will be cash-free accepting only credit or debit cards or payment online via an app,” Slater said. “It’s a much easier way to operate. You order it your way when you walk in, then you go to the shelf and find your name stapled to a bag. We’re trying to make it as easy and quick as possible for busy people to get their food and get out.”

There are order kiosks at the front of each restaurant and a mobile application soon to be debuted. For more information, visit spitfiretacos.com and theheadlettuce.com, or follow on Instagram at @spitfiretacos and @eatheadlettuce.

RAIN, WIND, AND FIRE...

“The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

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For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
Most homeowners are looking for ways to upgrade their home décor quickly and dramatically. One of the most overlooked pieces of home décor are the window treatments, which can alter your interior design more than you may realize. Take a look at these tips to see how you can update your home without compromising your style.

**A Stylish Upgrade**

Drapery is an easy way for any homeowner to layer onto existing window treatments bringing new life to an old look. It can also stand on its own and adds visual warmth and texture to any room. Drapery brings a variety of visual aspects to the space.

**Energy Efficiency**

Homeowners are always on the lookout for ways to save money, and the monthly gas/electric bill can be a sore spot. Start saving with window treatments that keep your home well insulated. Drapery is great at controlling the amount of light that enters a room. During the summer, light entering a home will heat the interior and cause the energy costs to rise. Closing drapes during the day can reduce those costs because drapery acts as an additional layer of insulation. Drapery also acts as a barrier from the outside temperature during the cold winter months. No matter the season, drapery is the perfect way to help keep you comfortable inside, regardless of what the weather is doing outside.

**Privacy**

Sometimes, privacy can be an afterthought until you look out your window and see someone else looking back in at you. Having control of who is seeing into your home is something that you need to account for. Before you say your windows are private enough, think about them at night. Once the sun goes down, and it starts to get dark, any light on in your home makes it easier to see in. With light filtering options you can determine the level of light entering or leaving your windows, allowing you to be able to see out without unwanted eyes peering in. Because of the variety of fabrics available, drapery is a stylish way to keep your home to your eyes only.

3 Day Blinds has hundreds of drapery options to choose from. 3 Day Blinds also offers a wide variety of blinds, shades and shutters and all of the window treatments are 100% custom so you get the look and feel you want. If you or someone you know is looking for the home upgrades new window treatments can give you, call (888)875-5969 or visit www.3dayoffer262.com to schedule your free in-home design consultation.
CANDOR AT GOURMET MEATS

In an attempt to keep shopping options and support local for businesses in La Jolla, Black River Caviar is now available for purchase at La Jolla Gourmet Meats. La Jolla Gourmet Meats is Black River Caviar’s first brick-and-mortar retailer in all of San Diego. The La Jolla shop will add the Premium retailer in all of San Diego. The La Jolla Open Air Market.

NEW MENU AT CANDOR

Chef Giuseppe Ciufla recently announced the first seasonal refresh of Candor’s European-inspired menu and featured autumnal produce from Giuseppe’s favorite vendors at the La Jolla Open Air Market.

Inspired by aperitivo, the Italian “happy hour” ritual, Chef Giuseppe has introduced an indulgent lineup of flatbread and wine pairings to the daily afternoon happy hour menu. Choose from four stone-baked pizzas, including classic margherita, fennel sausage, Mediterranean and za’atar, including classic margherita.

Choose from four stone-baked pizzas, including classic margherita, fennel sausage, Mediterranean and za’atar, including classic margherita.

Among new entrées, the tagliatelle with wild mushroom, complemented by goat cheese, pears and almonds, is blended with Parmesan, rolled in panko and deep fried, then served with a maple aioli and delightfully tart lemon-zest aioli rolled up in a spinach tortilla. The Harvest Chicken is a summer-inspired option, made with seasonal grapes that are marinated in balsamic-Dijon dressing. The Grilled Pork Boneless is a flavorful first course starring grilled boneless pork, cured sweet ham and basil crystals on a bed of arugula with cold-pressed olive oil and balsamic.

Dinner is available daily from 4:30-9:30 p.m.

For more information, visit dine.candor.com.

BIOMED REALTY AT APEX

BioMed Realty, a Blackstone portfolio company, announced today it has executed a long-term lease with a Fortune 500 company for the entire 204,000-square-foot ground-up development project known as APEX. APEX is located in University Towne Center (UTC), a premier technology and life science hub with proximity to the University of California San Diego and access to major freeways and a variety of retail and entertainment amenities.

The four-story building will target companies in Energy and Environmental Design (LEED) certification and offer state-of-the-art amenities, including a fitness center, conference rooms, a café and terrace space with expansive views. Construction has commenced and the building is scheduled for delivery in 2021.

APEX is located in University Towne Center (UTC), a premier technology and life science hub with proximity to the University of California San Diego and access to major freeways and a variety of retail and entertainment amenities.

Top of the Table is comprised of the best and brightest professionals who have achieved the milestone achievement for members of the Million Dollar Round Table, the 1,102 professionals who have achieved the designation, only 54 are women. Hunsinger’s MDRT membership has equipped her with tools and resources to better serve her local community.

“I have worked years to build a long-standing reputation of outstanding client relationships, founded on service, ethics and professionalism,” said Hunsinger. “I utilize my background to provide my clients with the ability to make sound financial decisions focused on their specific goals and lifestyle. I understand their needs and have the experience and insight necessary to carry out the most successful results.”

Top of the Table is an internationally recognized mark of excellence reserved for the most successful in the financial services industry. This places Hunsinger among the top professionals in the intensely competitive global life insurance and financial services industries.

In 2007, Hunsinger founded Advanced Wealth Planning with the vision of collaborating with experts from around the country to offer unmatched expertise for high net worth individuals, affiliated families and business owners. Over the past 15 years, she has assisted corporate executives, professionals, physicians, Hollywood actors and real estate developers throughout the U.S. in the implementation of their estate plans. She has also developed educational and informative seminars to introduce families to advanced estate-planning strategies around the world.

She holds a bachelor’s degree in political science with an emphasis in public law from the University of California, San Diego and holds a licensed life insurance and real estate agent.
One day, six races and more than 2,700 participants. Padres Pedal the Cause is a hope-giving, cancer-research-funding event that’s taken place at San Diego’s Petco Park (100 Park Blvd.) every year since 2013. In the last six years, Padres Pedal has raised more than $10 million, with 100% being donated to local research centers like Moores Cancer Center at UC San Diego Health in La Jolla, and children’s hospitals like Rady’s in San Diego, all in an effort to end breast cancer once and for all.

In total, the event funds 53 local cancer research projects, five of which are clinical trials.

“We’ve had more and more participants join in each year and this year’s event will definitely be one of our biggest,” said Anne Marburger, executive director of Padres Pedal. “To know that we’re an organization that’s providing hope for these families by funding research that’s actually going towards making sure kids in the future don’t get cancer or at least have better treatment options, that’s what makes it meaningful.”

Padres Pedal hosts races this Saturday, Nov. 16, ranging from 5K running events to 25, 55, 88 and even 100 mile bike rides over the Coronado Bay Bridge and through Coronado’s Silver Strand State Beach. And local doctors, in addition to cancer-in-patient families, are also breaking out their bikes to join the cause.

“I have seen cancer take the lives of many individuals over my professional career, including my dad and one of my best friends,” said Paul Dougherty, a La Jolla-based dentist at his own clinic, Dougherty Dental. “So, it was no-brainer to get involved.”

Dougherty has been an avid bike rider for the last 20 years, beginning with his first mission-focused race with the Leukemia and Lymphoma Society’s Team in Training national cycling event in 1999. Dougherty says he got “hooked” on the mission and began focusing his attention on local efforts to fight fatal diseases.

When Bill Koman, a cyclist and two-time lymphoma survivor, brought his Pedal the Cause event from St. Louis to San Diego in 2013, Dougherty jumped at the chance to join.

“This has always been a positive experience for me to ride side by side with a team of people all working towards a common goal to fight this disease,” said Dougherty, who rides with Team Beaumont in Padres Pedal’s 100-mile race. The Century. “The money raised at Padres Pedal is really making a difference in the trenches battling cancer, and I’m seeing positive outcomes more today than ever before.”

One of those positive outcomes is Padres Pedal’s focus on empowering kids who want to get outside the hospital and be active, either by participating in the kids bike race “Super Hero Kids Challenge,” or by one of these “SuperKids” being sponsored by a Padres Pedal team. One of the children in the SuperKids program is 4-year-old Savannah Schwartz, a Rady’s brain cancer patient and daughter of Jonathan Schwartz, cycling team captain of the WD-40 bike team in Padres Pedal.

“I’m really hoping that the women who have dedicated their time, talent, and treasure to improving the community. The two women reached out to their philanthropic friends and were later introduced to more local women philanthropists.”

“We have a wide range of philanthropists highlighted in this book,” says Wald. “People who volunteer, people who are social justice advocates, people who sit on boards, people who give a little bit or a lot of money.”

Both Dawson and Wald are thankful that they can play their part by interviewing inspiring women and telling their stories.

“I’m really hoping that the women in the book feel proud of themselves and of the work they’re doing,” says Dawson. “In interviews, many of the women would rattle off all the amazing things they do that are such a small part of them that was so humble.”

“The women featured in the book were recognized at an informal gathering on Friday, Oct. 25. It was a nice way to collect all these women and have them meet each other,” says Wald. “We couldn’t have asked for a better outcome. Just to see the response from the women was a proud moment for us.”

The She Who Inspires project was turned into a book with hopes that it will have long-lasting effects and will inspire more women to be philanthropists.

“We hope that young women and girls will flip through this book and find someone or something that resonates with them,” says Dawson. “We hope the book inspires them to go out on their own philanthropic passions.”

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Parade & Holiday Guide

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La Jolla Christmas
Parade & Holiday Guide
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Don't miss out on a fabulous night full of holiday cheer & shopping!
Resolution or Destruction: the Impact of Righteous or Vengeful Anger

By Natasha Josefowitz, Ph.D.

I heard a friend discussing a newspaper article about babies who had died, forgotten in the backseats of cars on hot days by their mothers—one who was shopping, another who went home and only realized later that her child was missing, and yet another who dropped off one child at daycare while forgetting the baby in the back seat. My friend was outraged at these mothers and kept talking indignantly. She said they should be left in the back seat. My friend was outraged. She said they should be left in the back seat. I admit to having felt it…when a car whizzes past me recklessly, scaring me. I hope they crash, and if they indeed do, I am glad they had it coming. I was reminded of Charles Dahlgren’s article, “Why Are We So Angry?” in the January/February 2019 issue of The Atlantic. Hoping something bad happens to the perpetrator is responding with revenge. This kind of anger is destructive and can escalate into violent confrontations. But there is also righteous anger. Anger can send a message that something really matters. When strong beliefs are at the foundation of a strong reaction, a fruitful dialogue can occur which acknowledges the legitimacy of the anger and hopefully leads to a resolution. A parent’s angry message means the child has crossed a line. The boss’s angry tone indicates that the job may be at risk. An angry spouse demands more attention. Anger affects our bodies: testosterone levels increase while cortisol levels decrease, giving the angry person stress relief by the outburst. But anger can become a problem when one has trouble controlling it, causing one to say or do things regretted later. Anger can create positive consequences only if it is rarely expressed; a habitually angry person is often dismissed. One of my favorite displays of anger was on an episode of National Geographic in which a baby chimp, whose mother refused him her breast, proceeded to have a human-like temper tantrum and then went off sulking. Anger has its place in our evolutionary scheme. It is a strong emotion that makes us feel powerful. An angry person feels righteous and can be seen as competent, more able to handle stress and trouble controlling it, causing one to act out in ways we would normally refrain from. If not acknowledged, it can become violent and vengeful. We experience a need for revenge when we believe justice will not be done or our anger will not be heard and addressed, leading to civil disobedience, walkouts, strikes, riots, or sabotage. Social media uses anger in a variety of ways: it has galvanized disenfranchised groups into action, but when in the midst of an angry mob, we are caught up in the frenzy and act out in ways we would normally refrain from. So we must become aware of our triggers to anger and our capacity for rational thought and thus rational behavior. Civilizations is about controlling our destructive impulses and directing them into civil discourse.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2019. Natasha Josefowitz. All rights reserved.

Danish String Quartet to perform at Baker Baum

By Bart Mendosa

Grammy-nominated combo The Danish String Quartet stops in at the La Jolla Music Society’s Baker Baum Concert Hall for a series of five concerts, dubbed Primavera Nov. 16-23. The concert title refers to a beam of music being split through Beethoven’s prism, with the shows celebrating the 250th anniversary of the famed composer’s birth. Music will include selections from Bach and Beethoven as well as music inspired by them, including works by Shostakovich, Schnittke, Bartók, Mendelssohn, and Webern. It’s rare for a performer to play two nights at a venue, let alone a full week, but since its 2002 founding, the DSQ has been special, helping expand classical music’s reach into the 21st century. Danish String Quartet: Nov. 16-23 at the The Conrad Prebys Performing Arts Center, 7600 Fay Ave. jms.org.
Oceanside Museum of Art opens two fashion exhibits

The Oceanside Museum of Art is currently presenting two fashion exhibits. The first one is called “Tiny Canvases: The Art of Nails.” The exhibit takes you through the history of nail adornment dating as far back as 3200 B.C. In the past, long nails showed elite status and meant that you were a worker. Colored nails came into vogue during the 20th century. By 1912, modern nail polish was born when Charles Revson, of Revlon, began using opaque pigments instead of dyes. Oceanside chemist, dentist, and inventor Dr. Stuart S. Nordstrom founded Creative Nail Design (CND) in 1979. The invention was a patented, cross-linked polymer resin product. Nordstrom’s daughter, Jane Arnold, is the co-founder and style director of CND and has transformed the family-owned company into a cutting-edge business. CND is known as “the brand of firsts” and is now in its 40th anniversary.

My favorite room in the exhibit had a wall covered with Philippe Blond’s “Fashion Illustration” wallpaper. This was from The Blonds’ fall/winter 2018 runway in NYC. After seeing this exhibit, you might decide that nails are your favorite form of beauty adornment. Each one of these canvases is a work of art. In the exhibit, there are 10,000 tiny canvases from 25-plus years of CND work at fashion weeks around the globe. Don’t miss this inspiring exhibit that presents CND’s work from the first show on the runway in 1995. The exhibit runs through Feb. 9.

Some of the nails in “Tiny Canvases.”

DANA CAVAGNARO / VILLAGE NEWS

Another exhibit showcasing 13 artists who combine art and fashion to represent awareness about ocean and beach pollution. Gwen Samuels sewed childhood photographs into tea bags to create an amazing garment. Alexander Dillon paints acrylic faces on vintage dresses. David Connelly and Zoey Taylor collaborate in Dosshaus fashion collections using markers, watercolor, and colored pencils. This was from The Blonds’ “Fashion Illustration” wall.

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The room showcased nails from the CND archives. The piece de resistance was The Blonds’ ruby corset that paid homage to CND’s 40th ruby anniversary. This piece was made of hundreds of hand-painted nail tips. It was constructed with CND shellac in wildlure and then Swarovski crystals were hand-placed on them. This piece of art walked The Blonds’ fall/winter 2018 runway in NYC.

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Bishop Knights’ offense remains unstoppable

By ED PIPER / LA JOLLA VILLAGE NEWS

Clarence Freeman IV, echoed by his Bishop’s teammates, voices the notion, “We have a chance to score on each play,” inculcated by offensive coordinator Danny Mitchell. Not a series, not a drive — we’re gonna score, and it may be now. Not a series, not a drive — we’re gonna score, and it may be now. Frederic coordinator Danny Mitchell. On each play,” inculcated by offensive coordinator Danny Mitchell. We have a chance to score on each play,” inculcated by offensive coordinator Danny Mitchell. Not a series, not a drive — we’re gonna score, and it may be now.

And the Knights have this year, posting point totals in the 70s twice, and the 50s three times. If you try to run and pass with the big boys, chances are you’re going to yield a lot of points.

Says receiver Chase Ladrido, “It’s fun for us, and fun for the people watching us.” Bishop’s, with a healthy Ty Buchner at quarterback, terrorized Orange Glen, 73-32, in week seven after manhandling Mater Dei Catholic, 71-42, earlier in the season. Ladrido and his buddy Austin Schroeder, who deploys at outside linebacker on the other side of the ball, embody the close-knit and talented Bishop’s team in their fun-loving camaraderie off the field.

The easy-going interaction between the two seniors, borne of after-game pizza and hot tubs hosted by the Schroeder family, is seamless. “We work as one,” says Austen, 6-foot-2-inches and 210 pounds, who is speaking of the defense but could be speaking on the Knights’ cohesiveness overall. “We fly to the football. Coach [Joel Allen] always says ‘fly to the football.’ “There you have the other great tenet of Bishop’s football. Freeman, for his part, identifies where the Allen-induced confidence comes from. “Honestly, we go really hard in practice. We hit the weight room hard. And we watch film — we’re really well-prepared,” lists the 5-foot-11-inch, 170-pound receiver in a PowerPoint presentation style that couldn’t be more succinct — or more convincing.

Meanwhile, Ladrido and Schroeder, who both graduate next May, compete against each other in FIFA, the soccer video game. “I’m better,” asserts Austen not modestly. “About Chase, he reveals, “He randomly spits out song lyrics. Most of the time I don’t even know what the song is.”

Beneficiaries of Buchner’s generous passes, which amount to 2,032 yards — well over a mile in distance — through the first six games (all wins) include Clay Petry (with six touchdown receptions), Freeman (with five), Griffin Dooley (with four), as well as Ladrido and Amaan Banks (with two each). On the ground, Buchner, the Notre Dame commit, is his own real estate mogul, with 12 TD runs, two games of 100 yards rushing, averaging over 100 yards a game in that department alone.

Ladrido: “We play for touchdowns” until they [Mitchell and Allen] tell us to take our foot off the gas.

Schroeder: “Our goal was to score 100 points against Orange Glen.” They only fell short 27 shy.

The two seniors include the younger Knights in food and conversation at lunch. “We want even the freshmen to get a chance to play,” says Chase, naming Jaden Moore and Xavier Rodriguez, both receivers.

La Jolla High, which lost 18-7 in the opener, is the only opponent to keep Bishop’s under 53 points. “Ty was just released that morning to play,” says Mitchell, the OC. “That’s why we keep him under wraps and didn’t cut him loose a lot.”

UCHS football works through growing pains

By ED PIPER / LA JOLLA VILLAGE NEWS

Hunter Harrison has had to mine the depths of his soul to decide whether he wanted to persevere through ACL tears in both knees to continue playing his beloved sport of football.

“There were some doctor’s appointments where it wasn’t all fun and games,” recalls the 6-foot-4-inch senior quarterback, who has started since his sophomore year. “We’re a young team,” says Gray, the 6-foot-4-inch senior quarterback who has started since his sophomore year. “More and more, there are guys staying after practice to get extra reps,” points out Lising, an earnest two-way player at free safety and wide receiver.

Head coach Ryan Price, in his fifth year helming the UCHS program, in program, agrees it takes a while to fully establish a system that never existed before he stepped into it. “People think you just change a mentality and a culture in a short time,” says the burly Price, who has been here. “People think you just change a mentality and a culture in a short time,” says the burly Price, who has been here. Guys are already gear ing up for next year because they don’t want to go through another season like this one.”

Early on, the Centurions, who graduated All-CIF receiver Casey Granfors and 21 other seniors from 2018, sustained losses of 58-12 to Bishop’s and 61-26 to Mater Dei Catholic, sandwiched around a gainty 27-26 win at Mission Bay.

“We didn’t start out the way we wanted,” acknowledges Gray, who during long periods of being forced to watch film — we’re really well-prepared,” lists the 5-foot-11-inch, 170-pound receiver in a PowerPoint presentation style that couldn’t be more succinct — or more convincing.

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History

Maintaining history in modern times: how the oldest hotel in La Jolla does it

By Jill Diamond

In La Jolla, where landmarks are just about everywhere, there is one that stands tall, proud and with much history: the Grande Colonial.

According to La Jolla historian Carol Olten: “The Grande started out as being the Colonial Hotel designed by architect Richard Requa and opening in 1911 at 910 Prospect St. It also was sometimes known as the Colonial Apartments as it contained 28 apartments, 25 single rooms, and a communal sun parlor.”

The apartments rented for between $2.5 and $50 per month and advertised as being on the west side of the street where “there is no dust.”

However, things got dusty when a new owner decided to build a larger hotel at the site and moved the old hotel around the corner to Jenner where it is still in use today, according to Olten.

The new Grande Colonial on Prospect was designed by architect Frank Stevenson and opened on Prospect in 1928 with 90 apartments and rooms — this was the same period that marked the coming of La Valencia down the street; “La Jolla was becoming very resort-y,” Olten said.

Later in history, the Colonial acquired the Little Hotel by the Sea on S. Coast — all now operated as the Grande Colonial, Olten said.

Today, and according to the Grande Colonial’s GM Terry Underwood, this hotel still amazes many.

The Grande Colonial originally opened in 1911. “Over the years, we have placed tremendous effort on continuing to evolve this historic hotel’s physical presence to meet the needs of today’s travelers while not forgetting our heritage and place in La Jolla’s history. That said, that part of the Grande Colonial experience that makes this such a wonderful hotel, that our guests return to time and again, is our staff. Warm, gracious, genuine hospitality is our signature — we make it personal and strive to create a long-lasting bond with every guest who walks through our front door.” Underwood said.

Recently the hotel underwent a $4 million renovation, which was completed in April and included all 97 guest rooms, suites, and most bathrooms. The project, which began in November 2018, was completed in phases, building by building, floor by floor.

Artfully recapturing the hotel’s storied past with a keen focus on modern sensibilities, the new design infuses a classic European ambiance and a refined, contemporary sophistication. The overall guest room decor package mixes very traditional elements with contemporary and midcentury modern elements, Underwood said.

The color scheme reflects the traditional blues and yellows that define the Grande Colonial. New drapery treatments allow for maximum use of the hotel’s expansive, operable windows, welcoming the fresh ocean breeze nudged about by the new ceiling fans. The deep blue-patterned carpet brings into the room the hues of the ocean and sky. And keeping in line with traveler expectations, the traditional bedsprad has been replaced with a crisp linen-wrapped down duvet with colorful accent pillows. Added in-room amenities include refrigerators, and mobile device charging outlets. The corridors were also significantly improved with new carpet, wall vinyl, and lighting.

A majority of the 97 bathrooms were also completely renovated, resulting in a larger, more upscale, residential style. New vanities with counter and storage space were added, along with new marble floors, new shower or tub enclosures (most tubs converted to walk-in showers with glass enclosures), new warm LED-backlighted designer mirrors and vanity mirrors, and all new plumbing and fixtures. Underwood said.

There is a further expansion with some other buildings behind their main property being planned.

And while plenty has been renovated, some things have remained from the early days. For example, Underwood said when the hotel was expanded and completed in 1928, the new Colonial Hotel had the first sprinkler system west of the Mississippi; solid, unsupported, reinforced cement stairways and fire doors that still exist in the structure. Also, a noteworthy feature of the Little Hotel by the Sea wing is the original 1929 Baker and Sons, four-passenger, solid-mahogany elevator housed in a steel tower. Soon after it was added to the hotel back in 1929, the Little Hotel by the Sea became recognized as the “The Smallest Hotel in the World with an Elevator.”

When the building became a part of the Grande Colonial in 2007, the elevator was completely restored and remains in full operation today. Additionally, The exterior of the main building, as well as the four adjacent wings, are all identical to how they looked when they were originally constructed. Obviously, improvements have been made over the years to the interior and exterior but they are all preserved to their original glory, she added.

Olten said while the La Valencia is often dubbed the “Pink Lady” of La Jolla, the Colonial could easily be called the “Grande Dame.” Underwood agreed: “For many years, the hotel was known as the Colonial Apartment Hotel and in later years as the Colonial Inn. Just before our 90th anniversary, the hotel became the Grande Colonial. With a grande dame being ‘an older woman of influential position within a particular sphere,’ there is no question that label applies to the Colonial. As a significant part of the fabric of La Jolla for 107 years (the oldest hotel in La Jolla), we accept the name with pride and look to continue to be the standard bearer for service and excellence for La Jolla.”

In April, the Grande Colonial went under a $4 million renovation.
The Winter Aquatic Vocation al Education (WAVE) program at Swanson Pool offers individuals an opportunity to participate in a standard Lifeguard Training Class in rapid succession during Thanksgiving break. Upon completion of the course, candidates will receive a Lifeguarding, in First Aid for Public Swimming Pools, CPR/AED, and in CPR/AED. Tryouts and orientations are Friday, Nov. 22, starting at 7 p.m. at Swanson Pool, 3585 Governor Drive; course is Saturday through Wednesday, Nov. 23-27, from 7:30 a.m. to 3:30 p.m. Applicants must be 15 years of age and older; and must participate in the Friday tryouts and meet eligibility requirements. Attendance at all scheduled classes is mandatory. For prices, fees, course materials, more details, or questions, please contact the pool manager at Swanson Pool or call 858.552.1653.

LITTLE LEAGUE
University City Little League (UCLL) is offering free registration until Dec. 31. The free registration is good for the T-Ball and MAPS divisions (ages 4-8). UCLL hopes that the discounted registration for the younger players will encourage more participation in local little league play. Registration is open for all ages and divisions for girls and boys through age 15. The scheduled paperworks collection dates are Nov. 21 and Dec. 13 at Round Table Pizza, 3250 Governor Drive, from 5-7 p.m. Documents can be uploaded at ucll.org. Registration fees from minors, in-termediate, and juniors are $140 per player, and $50 for the Challenger division (players with dis-abilities ages 5-18). Mandatory player assessments are Sunday, Jan. 5, and Saturday, Jan. 11, at Fort Field (between Spreckels Elementary and Standley Recreation Center on Governor Drive). With the anticipation of more players next season, managers and assis-tant coaches for all of our divisions are needed. Coaching is a great op-portunity to give back to the com-munity, help kids learn about the sport, grow as individuals and is a whole lot of fun. Contact UCLL President Ryan Preston if you are interested at president@uchill.org. More info about UCLL is at: ucll.org.

LA JOLLA
Fri 12-3, Sat & Sun 1-5 5550 Calle Mita Ave 3BR/1BA 549,900 Peggy Weinsieff (858) 240-2204
Sun 2-4 706 Miranda Vista Way 3BR/2BA 562,400 Rosanne Pavell (858) 218-4505
Sat 4-7 3202 Country Club Dr. 3BR/2BA 347,900 Jim Chardin & Jon Schultz (858) 254-0000

NORTH PARK
Sat 1-4 3230 30th Street 3BR/1BA 549,000 Marianne Arena (619) 516-6043

PACIFIC BEACH
Sun 12:30-3:30 4079 Shasta St 3BR/2BA 514,000 David Indermill (619) 414-5478

POINT LOMA
Sat 1-4 55 Calitumba Blvd. 3BR/2BA $1,295,000 Sylvia Lange (619) 226-6822
Sun 1-4 55 Calitumba Blvd. 3BR/2BA $1,295,000 Karen David Meyer (619) 226-1706

MISSION VALLEY WEST
Sat 1-4 4013 Galenos St. 3BR/2BA 599,000 Karen David Meyer (619) 206-7828
Sun 1-4 4013 Galenos St. 3BR/2BA 599,000 Jim O’Donnell (619) 900-6022

OPEN HOUSES

GIRLS SOFTBALL
UC del Sol girls softball has opened registration for the spring ball sea-son. This year’s season promises to be a great one as several teams are expected in each division (6U, 8U, 10U, 12U and 14U). Spring ball starts in mid-January and lasts un-til the end of April. Please visit the league website at ucdelsol.com for information on registration. And for girls ages 5 through 10 who are new to softball, UC del Sol will be conducting a softball clinic in De-cember at Standley Middle School’s field.

Read more online at sdnews.com.
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